

Learning Activity: Trauma And Violence Informed Care Worksheet and Small Group Discussion

Description of Activity:	This worksheet guides students through each aspect of the Trauma and Violence-Informed Care model. It is designed to move students from knowledge acquisition to the application of TVIC to their nursing practice. It can be utilized for individual reflection, or as a launching point for small group discussions on nursing ethics, holistic care, nursing presence, health equity, and structural violence.					
Keywords:	TVIC, small group discussion, reflection, healthcare setting.					
Type of activity	<input checked="" type="checkbox"/> Didactic <input checked="" type="checkbox"/> Simulation <input type="checkbox"/> Clinical	Recommendation on when introduced in curriculum?	<input checked="" type="checkbox"/> Early <input checked="" type="checkbox"/> Mid <input checked="" type="checkbox"/> End	Suggested Course:	<input type="checkbox"/> Health Promotion /Assessment/ Fundamentals <input checked="" type="checkbox"/> Acute care <input checked="" type="checkbox"/> Chronic care <input type="checkbox"/> Pharmacology	<input checked="" type="checkbox"/> Population/ Community health <input type="checkbox"/> Leadership <input type="checkbox"/> Other:
Competency addressed:	<input checked="" type="checkbox"/> 1. Provide respectful, compassionate, person-centered care for people experiencing homelessness (PEH) <input checked="" type="checkbox"/> 2. Evaluate clients for social determinants of health needs, including housing status and related aspects of safety, access to food, social support and other relevant domains <input type="checkbox"/> 3. Collaborate with client and appropriate Interprofessional community members to optimize health in PEH <input checked="" type="checkbox"/> 4. Advocate for improved health for PEH					
Learning Activity:	<p>Individual reflection exercise with optional small group discussion.</p> <ol style="list-style-type: none"> 1. Have students complete the worksheet individually. 2. Utilize their responses to facilitate further discussion, especially regarding how common occurrences in the health care setting can be violent towards some individuals and perpetuate inequity. 3. End each discussion by reimagining health care and individual practice through positive change based on knowledge of TVIC concepts. <p>-----</p> <p>Trauma and Violence Informed Care Worksheet</p> <p>Answer each prompt in 3-6 sentences. Completion of the worksheet will help you to integrate these vital concepts into your nursing practice.</p> <p>Trauma: At its most basic definition, trauma is an emotional response to something that causes distress. Trauma can occur on an individual, interpersonal, collective, or structural level (Hendrickson et al., 2021).</p> <ul style="list-style-type: none"> • Consider events in your life or in the lives of friends or family members that have been traumatic. • How can reactions to the same event differ among the people experiencing the trauma? Why? 					

	<p>Violence: Watch the following video which defines structural violence in healthcare and the necessity of adding the ‘V’ into Trauma Informed Care: https://youtu.be/QvElcXtu-dM.</p> <ul style="list-style-type: none"> Recall your previous clinical rotations and work in the hospital or clinic. List 3 examples of how structural violence influenced care. What marginalized group did the patient belong to in your examples (i.e. racism, gender identity)? <p>Informed: Since the release of the ACE’s study (Felitti et al., 1998), awareness of the influence of trauma on health and health behaviors has expanded dramatically.</p> <ul style="list-style-type: none"> List how your education thus far has informed you about the influence of trauma on health and health behaviors. How have you applied these approaches to patient care? What would you like to learn more about? <p>Care: The definition of care is watchful or protective attention, caution, concern, prudence, or regard usually towards an action or situation. especially due care. A person has a duty to use care in dealing with others, and the failure to do so is negligence (Merriam-Webster, 2024). The American Nurses Association defines the integration of caring in the <i>Scope and Standards of Nursing Practice (2021)</i>: “integrating the art and science of caring and focuses on the protection, promotion, and optimization of health and human functioning, the prevention of illness and injury; facilitation of healing; and alleviation of suffering through compassionate presence. Nursing is the diagnosis and treatment of human responses and advocacy in the care of individuals, families, groups, communities, and populations in recognition of the connection of all humanity.”</p> <ul style="list-style-type: none"> Care is the central function of nursing practice. With a trauma and violence-informed lens, how does your duty as a nurse move beyond the clinical reasoning and skill sets required for competency?
Time Required:	20-60 minutes
Preparation of the student:	This worksheet builds on the basics of knowledge of the ACES study and Trauma Informed Care. However, the references in the assignment are meant to take students from the entry-level, allowing for application at any point in nursing curriculum.
Resources:	<p>American Nurses Association. (2021) Nursing: Scope and standards of practice (4th ed.). ANA. Care (2024). In Merriam-Webster.com. https://equipehealthcare.ca/resources/trauma-and-violence-informed-care/</p> <p>Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Koss, M. P., & Marks, J. S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) Study. American Journal of Preventive Medicine, 14(4), 245–258. https://doi.org/10.1016/S0749-3797(98)00017-8</p> <p>Grossman, S., Cooper, Z., Buxton, H., Hendrickson, S., Lewis-O'Connor, A., Stevens, J., Wong, L. Y., & Bonne, S. (2021). Trauma-informed care: recognizing and resisting re-traumatization in health care. Trauma surgery & acute care open, 6(1), e000815. https://doi.org/10.1136/tsaco-2021-000815</p>

	Varcoe, C. 2021, Oct 4. Structural Violence [Video]. Equip UBC. Retrieved from: https://www.youtube.com/watch?v=QvElcXtu-dM
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